FOOD INSECURITY DURING THE COVID-19 PANDEMIC

FOOD INSECURITY: WHAT AND WHO?

1 in 8 (12.5%) Canadian Households
Nearly 1 in 5 (18.5%) Toronto Households
Affects 64% of households receiving Ontario Social Assistance as this does not cover basic costs of living

AFFORDABILITY AND ACCESSIBILITY

Cost of nutritious food increased 7.6% between 2018-2019
A single pregnant woman, 19-30 yrs old, requires a minimum of $54.93/wk for basic nutrition only
Add $12/month if breastfeeding

WHY WE ARE CONCERNED

In Canada, food insecurity affects: 4.4 MILLION PEOPLE including 1.2 MILLION CHILDREN
33% of female–lone parent households experience food insecurity

Food insecurity is a major HEALTH issue leading to increased rates of:
- Chronic conditions (diabetes, hypertension, obesity, heart disease)
- Mental health conditions (depression, anxiety, mood disorders)
- ADHD, asthma, depression, suicide in children

HOW HAS COVID-19 CHANGED THINGS?

Decreased Supplies  Increased Demand  Challenges with Making/Distributing Meals

If you would like to help support community efforts to fight food insecurity, please visit: www.gofundme.com/covid19-womens-initiative